

PACIFIC COAST TOURS

*through
the*

CANADIAN PACIFIC ROCKIES



CANADIAN
PACIFIC
RAILWAY

CANADIAN PACIFIC HOTELS

1919

Name of Hotel, Plan, Distance from Station and Transfer Charge	Altitude	Season	No. Rooms	Rate Per Day	Single Meals
St. Andrews, N. B. The Algonquin.....A 1 mile—25 cents	150	June 20- Sept. 15	214	\$7.00 up	{ B. \$1.25 L. 1.50 D. 2.00
McAdam, N. B. McAdam Station Hotel A At Station	445	All year	16	3.00 up	{ B. .75 L. .75 D. 1.00
Quebec, Que. Chateau Frontenac....E 1 mile—50 cents	300	All year	375	2.00 up	a la carte
Montreal, Que. Place Viger Hotel....E At Place Viger Station. 1½ miles from Windsor Station—50 cents	57	All year	115	1.50 up	a la carte
Winnipeg, Man. The Royal Alexandra...E At Station	760	All year	410	2.00 up	a la carte
Calgary, Alta. Palliser.....E At Station	3425	All year	315	2.00 up	a la carte
Banff, Alta. Banff Springs Hotel....E 1½ miles—25 cents	4625	May 15- Sept. 30	305	2.00 up	a la carte
Lake Louise, Alta. Chateau Lake Louise...E 3½ miles—50 cents Narrow Gauge Railway	5670	June 1- Sept. 30	320	2.00 up	a la carte
Emerald Lake (near Field B. C.) Emerald Lake Chalet...A 7 miles—\$1.00	4066	July 1- Sept. 15	14	5.00 up	{ B. 1.00 L. 1.00 D. 1.50
Glacier, B. C. Glacier House.....A 1½ miles from station by carriage road	4086	July 1- Aug. 31	76	5.00 up	{ B. 1.00 L. 1.00 D. 1.50
Sicamous, B. C. Hotel Sicamous.....A At Station	1146	All year	60	4.00 up	1.00
Penticton, B. C. Hotel Incola.....A Near steamer wharf	All year	62	3.00 up	.75
Cameron Lake, B. C. Cameron Lake Chalet...A Vancouver Island	May 1- Sept. 30	3.50
Vancouver, B. C. Hotel Vancouver.....E ½ mile—25 cents	100	All year	520	2.00 up	a la carte
Victoria, B. C. Empress Hotel.....E Transfer—25 cents	Sea Level	All year	320	2.00 up	a la carte

A—American. E—European. Rates subject to alteration.



© L. H. Pederson

Resurrection Bay, Alaska

PACIFIC COAST TOURS

THE Pacific is the greatest and the last of oceans—the greatest in extent, the last to be discovered by the modern world and to be made a theatre for maritime history. Of all the lands bordering its far-flung coasts, British Columbia is in some respects the most promising to the settler as well as the most picturesquely varied to the tourist.

It was in 1745, when the French regime was drawing to a bloody-flowered close in Quebec, that Michael Novitskoff sailed eastward in his moss-caked, skin-sewn shallop in pursuit of sea otter till he touched the antenna of a continent, in the Island of Attu. Other Russian fur traders followed. The whole slender, volcanic Aleutian chain gradually became known to them—flat, mist-drenched islands, given over in the main to seals and sea birds. But though Russia touched Alaska, she turned back across the Pacific and there is no record of her having entered British Columbia.

Meantime France was reconnoitering from the east. La Vérendrye crept across the vast prairies, sighted the foothills, saw, perhaps, the looming peaks beyond. Later, in 1751, de Niverville followed, made his way up the muddy waters of the Saskatchewan, built Fort Lajonquiére and would

doubtless have ventured into the wonderland of the Rockies but that tidings out of the east called him to help Montcalm against the invading British. Thus France, too, came to the gateway of the Land of Promise and passed by on the other side. In 1774 the Indians of British Columbia sighted their first vessel, a great-winged bird of happy omen they thought, bearing its Spanish captain, Juan Perez, in search of new land in which to plant a cross and raise gold. In 1769 the colonization of California began, but was not pressed northward, halcyon shores to the south being more attractive to the good friars who loved gardens as well as souls. Thus Spain came to British Columbia, traded in furs at its doorway and sailed away again.

Fate had reserved the conquest of tremendous peaks, the settling of warm, secluded, sun-drenched fruit valleys for the only race fitted to join them up to the rest of the world by rail—the Anglo-Saxon.

In 1792 Captain Vancouver sailed from England in the "Discovery," rounded the Horn and left his name as a gift for a great island and a greater city on the Canadian Coast. A year later Alexander Mackenzie, seasoned by terrific hardships

endured in descending his mighty godchild, the Mackenzie River, in its rush to the Arctic, pushed through the Rockies by the Peace River Pass and stood beside the Pacific. He was a partner in the North West Company, great rival of the Hudson's Bay Company, and northern British Columbia soon became a kingdom ruled by a monarch, the Scottish Chief Factor, who knew nor fear nor favor and lived for naught but furs. Simon Fraser was another Nor'wester, who ran the rapids of the river which bears his name and reached the Pacific in 1806.

What with the rivalries of the Hudson's Bay, the Nor'westers and the subsequently formed Pacific Fur Company, to say nothing of tribal warfare among the Indians, the Coast in the early nineteenth century became a spectacular spot. In '58 an additional element of lawless picturesqueness was stirred in by the advent of 30,000 gold-seekers, who rushed north from San Francisco bound for the rumor-land around the Fraser and Thompson rivers. Just here the British Government stepped in and made the future province into a colony as the one means of anchoring it to its native mountains.

So far British Columbia had been the land of the trail-hitter. No man could win through the

terrific defiles of the Rockies or round the gale-smashed Horn unless he were of the pioneer breed and carried his life slung along with his rifle. But when law and order came north of "53" it was time for respectability and a railroad.

In 1871 the Canadian Pacific was begun; eleven different surveys across the mountains were patiently worked out, only that ten of them might be ruthlessly cast aside. It was not till November 7, 1885, that the last spike was driven linking the Pacific Coast of Canada with the Atlantic.

To-day the tourist may join the annual pilgrimage of happy pleasure seekers who visit Banff, may stand on some conquered peak from which the endless mountain prospect radiates four hundred miles to the Pacific, a thousand to the Arctic, a thousand and more southward.

He may travel to matchless Lake Louise, where Nature has composed her mountains, her glaciers, her forests, into a picture as endlessly changing in light effect as it is forever fixed and satisfying in wonder of line and balance of color-mass.

Seated in a comfortable observation chair or open car, he may glide down the Kicking Horse Canyon, where, in 1883, Sir Sanford Fleming recorded that he and his guides and his cayuses were "from five to eight hundred feet high on a path of from ten to fifteen inches wide and at some points almost obliterated, with slopes above and below us so steep that a stone would roll into the torrent in the abyss below!"

Leaving the Rockies, the tourist may slide through the Columbia Valley and up into the mighty Selkirks. He may dip south into the orchards of the Okanagan country; he may reach Vancouver city and take passage across the Pacific. Or he may take a Canadian Pacific steamer up the coast to marvellous Alaska, where volcano and glacier are set beside each other and the fiord country rivals Norway, where the salmon cannery beats the gold mine and the fur seal grows fat and lusty in the protected Pribilofs.

Finally he may come back again across the width of a mighty continent by different ways of equal comfort, without once leaving the lines of what is the world's greatest highway, the Canadian Pacific Railway.

INTRODUCTION TO THE ROCKIES

FROM the roof garden of the Palliser Hotel at Calgary, one can see the glistening peaks of the Canadian Pacific Rockies sixty miles away. Their call is irresistible—like a magnet they pull the trains of eager travellers. As the train glides into the Gap, the little worn-out adjectives drop away, the cheap, trite phrases, the descriptive bits that have been multigraphed until the copy blurs.

For 500 miles the Canadian Pacific Railway follows the wild canyons that the rivers have dug, brawling, glacier-fed, about the feet of the giant peaks. For 500 miles the engine crawls among the giant folds of their robes, where man and his scratched-in-the-rock roadbed are all out of drawing for very littleness.

BANFF

BANFF is the capital of Rocky Mountain Park, which, with Yoho and Glacier parks, contains some one hundred and seventy miles of carriage road, with radiating trails innumerable. Here the Canadian Pacific Railway has placed the most beautifully situated and luxuriously comfortable mountain hotel in the world, overlooking the junction of the Bow and the Spray rivers. Within easy reach are gentle climbs and gorgeous panoramas, the picturesque and brilliantly colored terraces of the Hot Springs; together with stiff and challenging ascents like that of Mount Edith for the proved Alpinist, who will doubtless make his headquarters with the Alpine Club of Canada, on the slopes of Sulphur Mountain.

Buffalo and other animals at Banff, both caged and at large, are a never-failing source of interest.

Lake Minnewanka is the home of huge and fighting trout, a forty-seven pounder being on exhibition at the chalet.

Excellent golf links have been laid out at Banff and there are beautiful river trips.

DRIVES AND PONY TRIPS AT BANFF

There are numerous interesting spots in the vicinity, all easily accessible by good carriage roads and bridle paths. A short distance from Banff Springs Hotel are the Bow Falls, a cataract of wonderful beauty; Tunnel Mountain, from which a splendid view of the valley is obtained, and the Cave and Basin, a remarkable formation from which gush natural sulphur springs. Within a radius of three miles are the Hoodoos, natural concrete

pillars of various shapes and sizes, Cascade Mountain, Stoney Squaw Mountain, the beautiful Vermilion Lakes, the animal paddocks and Sun Dance Canyon, a deep and curious cleft in the mountain. At a distance of nine miles is Lake Minnewanka, a pretty sheet of water, extremely deep and walled in by tremendous cliffs. The lake is sixteen miles long, with a width of from one to two miles. Two launches make the round trip daily. A wonderful river trip up the Bow can also be made by electric launch.

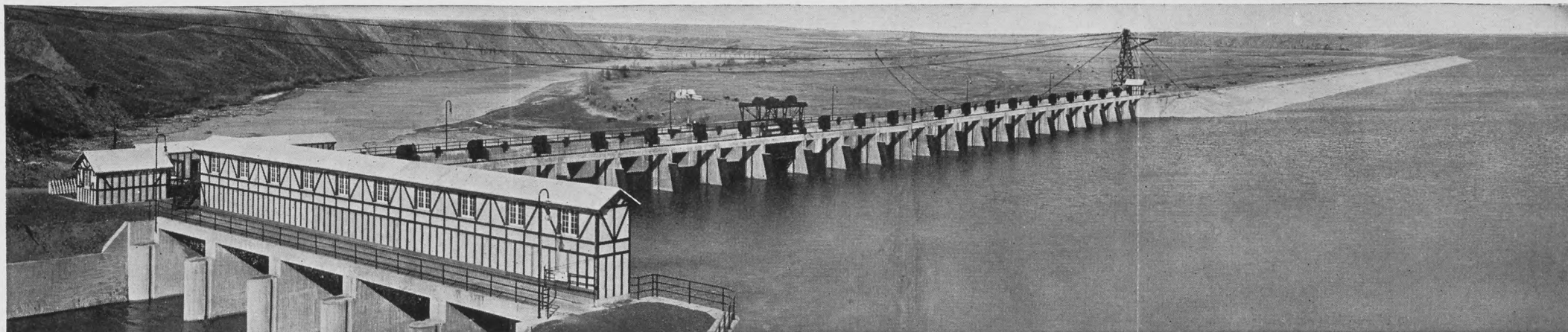
An interesting automobile run of about fourteen miles brings you to Johnson Canyon, where an excellent trail leads to a great waterfall.

LOVELY LAKE LOUISE

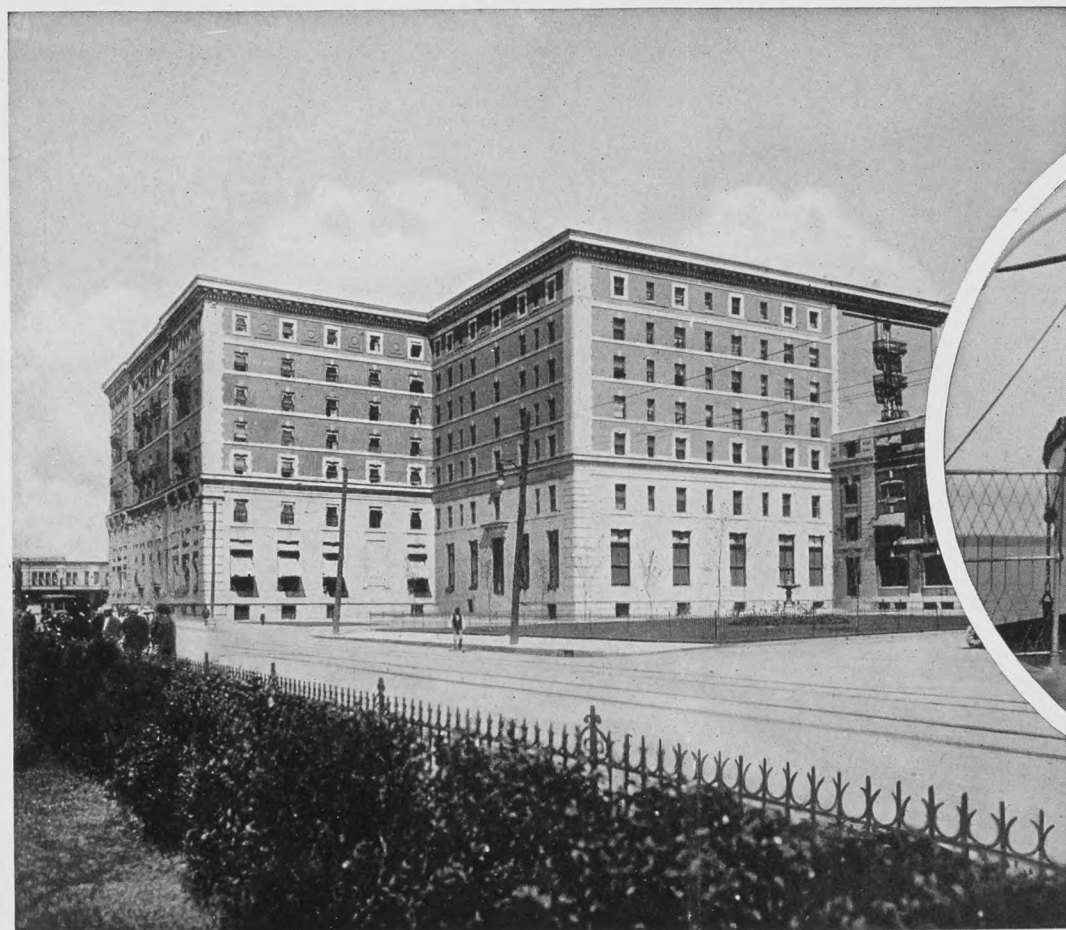
LAKE LOUISE bears the liquid music, the soft color notes of its name into the realm of the visible. Behind its turquoise mirror rise the stark immensities of Mounts Lefroy and Victoria, the latter, "the big snow mountain above the Lake of Little Fishes," of which the wandering Stonies used to tell. Here, on the margin of this most perfect lake, the Canadian Pacific has placed its Chateau in one of those wonderful upland flower gardens in which the Rockies abound. Yellow violets and columbines, white anemones and green orchids, make merry with the red-flowered sheep laurel and the white-tufted Labrador tea. Be he never so lazy, the tourist has something to reward him in this gay garden backed with the rich-toned lake and the milky green of the glacier.

Lake Agnes, "the Goats' Looking Glass," as the Indians used to call it, is a wild tarn shut in by sombre cliffs, a thousand feet above Lake Louise. Here the great white anemone blooms by the late snowdrift and there is the silence of eternity among the high hills. It is reached from the hotel by an easy trail which also takes in the lovely Mirror Lake. The trail continues to the Big Beehive, or to the lookout on the Little Beehive, commanding a magnificent panorama of lake, glacier and mountain.

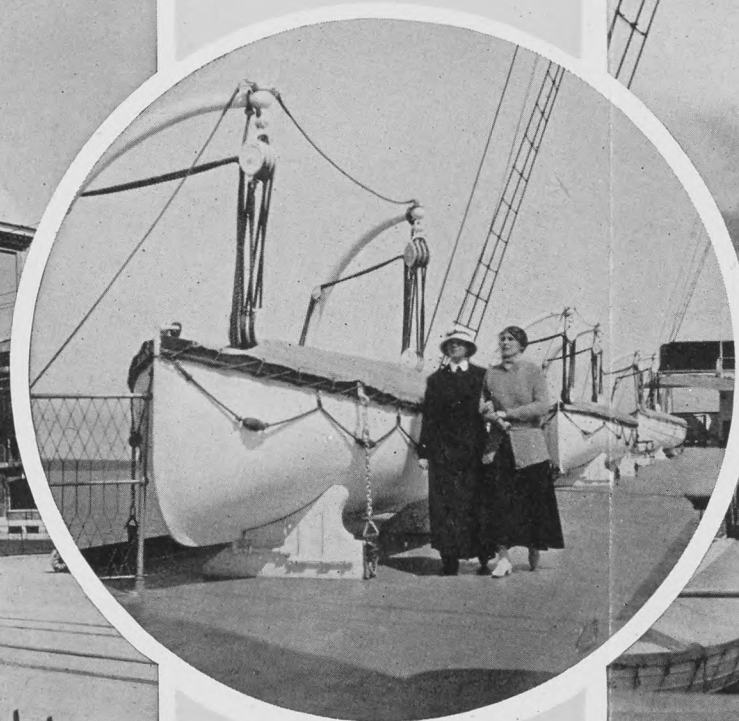
It is a three-mile trip to Saddleback Mountain, which affords an inspiring view of the famous Paradise Valley. At a distance of about ten miles is Moraine Lake, situated at the head of the valley of the Ten Peaks and reached over a good carriage road recently constructed. Good camping facilities are afforded on the shore of the lake in the midst of scenes of surpassing beauty. Consolation Lake, about three miles further by trail, provides good trout fishing. The Victoria Glacier, a great palisade of hanging snow, Abbot Pass, a deep canyon between Mounts Victoria and Lefroy, O'Hara Lake, set amid scenes of wild Alpine grandeur, Cataract Creek, Paradise Valley and the Ptarmigan Lakes are among the notable spots well worthy of a visit. The new Upper Glacier Trail to Victoria Glacier is of exceptional interest and beauty.



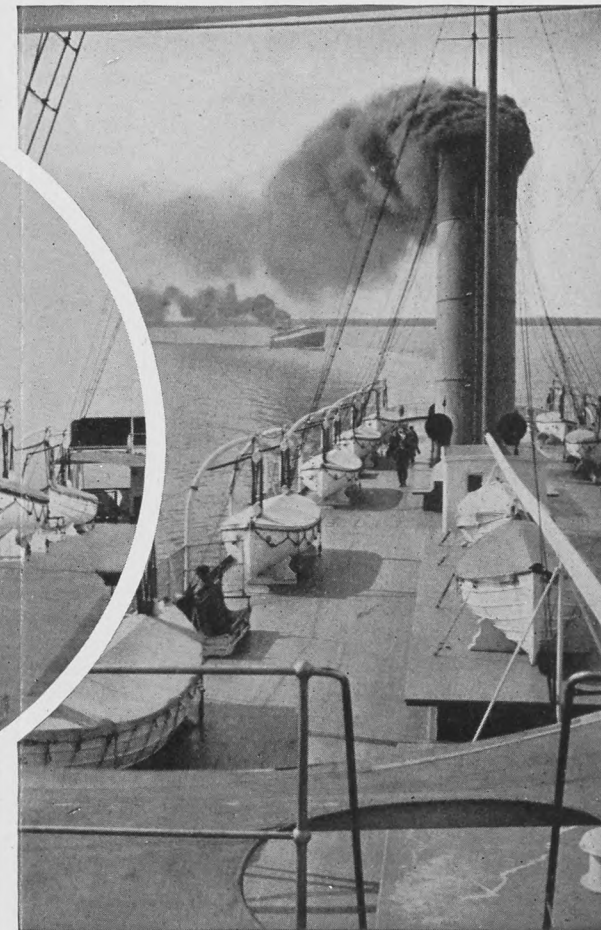
Bassano Dam, on the Canadian Pacific 3,000,000-Acre Irrigation Block near Calgary



Royal Alexandra Hotel, Winnipeg



On a Canadian Pacific Great Lakes Steamer



On the Great Lakes



Panorama of the Group of Mountain Peaks Capped by Mount Assiniboine (11,860 Feet)

Photo by Professor Walcott, of the Smithsonian Institute



Alpine Climbing with Swiss Guides



Mountain Ponies
for Road and Trail
in the
Canadian Pacific Rockies



Canoeing on the Bow River at Banff



Banff and the Bow Valley—Mount Rundle (9,665 Feet) In Centre



Banff Springs Hotel



In the Warm Sulphur
Swimming Pool
at Banff



Johnson Canyon, near Banff

THE SPIRAL TUNNELS

NEAR Hector is the Great Divide. There are two streams here issuing together and setting out, the one east, the other west, on their long journeys to two oceans. Between Hector and Field the Canadian Pacific has driven through the solid rock, two ingenious, spiral tunnels, which reduce the old 4.5 grade to 2.2.

EMERALD LAKE

EMERALD LAKE, green as its name, is a seven-mile carriage drive from Field, at the end of which tea may be had in the cosy little chalet. Takakkaw means "It is wonderful!" And even the stoical Indian had to admit that the falls in the Yoho Valley that now bear this curious name deserved the exclamation. Sir James Outram says, "The torrent, issuing from an icy cavern, rushes tempestuously down a deep winding chasm till it gains the verge of the unbroken cliffs, leaps forth in sudden wildness for 150 feet, and then in a stupendous column of pure white sparkling water, broken by giant jets descending rocket-like and wreathed in volumed spray, dashes upon the rocks almost a thousand feet below, and breaking into a milky series of cascading rushes for five hundred feet more, swirls into the swift current of the Yoho River." The drive to Takakkaw Falls is exceptionally beautiful.

A trail continues up the Yoho Valley, past Laughing Falls and the great Wapta Glacier, to the curious Twin Falls, whose divided waters unite in one stream before reaching the depths below. Other pleasant excursions may be made to points of interest within a short distance of Field—such as the Fossil Beds, Aerial Silver Mines, Natural Bridge, Monarch Mine Cabins and the Grade Reduction Loops.

At Golden one reaches the Columbia River, which here flows north until it turns at the Big Bend for its southward flow to the Pacific Ocean. Golden is the junction for a new branch line of the Canadian Pacific Railway, which runs between the Rockies and the Selkirk Mountains and passes through highly picturesque scenery past Lake Windermere to the Crowsnest line of the Canadian Pacific Railway. The creeks which open up the great Selkirk Range to the south of this valley provide access to some of the most spectacular Alpine scenery in North America, while the hunting and fishing in season are also good. Invermere (station, Athalmer) has a small but comfortable tourist hotel close to Lake Windermere.

GLACIER

UNTIL the end of the year 1916 the railway climbed over the top of Rogers' Pass through a gorge, subject in winter to heavy snowslides against which the track was protected by four miles of snowsheds. These are now evaded by the double-track Connaught Tunnel, the longest tunnel in North America, which pierces its way

through Mount Macdonald and reappears in the Illecillewaet Valley below Mount Sir Donald and the Illecillewaet and Asulkan Glaciers. From portal to portal this tunnel measures five miles, but so straight is the line that the exits are never out of sight.

About a mile from the western exit is Glacier Hotel, built by the Canadian Pacific Railway for the convenience of Alpine Climbers and others who wish to explore the trails and visit the lakes, glaciers and caves of this wonderful Alpine region. Almost at the back door of the hotel is the great Illecillewaet Ice River. A comfortable carriage road leads to within a mile of the Nakimu Caves, which are larger than the Mammoth Caves of Kentucky, although only part have hitherto been made accessible to the public. Swiss guides and surefooted ponies are located at the hotel for the benefit of those who wish to climb the glaciers and mountains or ride the trails to heights commanding magnificent panoramas.

PONY TRIPS AND MOUNTAIN CLIMBING

Leading from the hotel a good trail follows the turbulent course of the Illecillewaet River to the Great Illecillewaet Glacier and Valley; other trails branch off in all directions, inviting and leading the mountain climber, explorer and lover of Nature to scenes of marvellous grandeur and enchanting beauty. Glacier Crest, Lake Marion and Observation Point are among the shorter and easier ascents. Mount Abbot is a day's climb, but not a difficult one. From its summit an exceptionally fine view is obtained of the Asulkan Valley. Easy trails also lead up to the summits of Eagle Peak and Mount Avalanche. The ascent of Mount Sir Donald is more difficult, but with the assistance of experienced guides may readily be accomplished.

An excellent trail leads to the Asulkan Glacier, through scenes of Alpine splendour, and the recently discovered Caves of Nakimu are only distant about seven miles from Glacier House by a carriage road and bridle path. These wonderful caverns have been formed by the action of water for ages upon the solid rocks, and form a series of chambers with large entrances, polished-rock ceilings and walls which sparkle with quartz crystals and reflect myriads of miniature lights from the darkness. C. Deutschman, the discoverer of the Caves, acts as official guide to visitors. A trail leads over Baloo Pass to Rogers' Pass, by which return can be made to the hotel.

SWISS GUIDES

THE Company's own Swiss guides are stationed at Lake Louise and Glacier, and may be engaged through the managers of the Canadian Pacific Railway hotels.

From Glacier, the route descending the western slope of the Selkirks follows the valley of the Illecillewaet through Albert Canyon, a marvellous gorge of great depth and startling fascination.

Revelstoke is an important centre, from which there is water communication with the rich Kootenay and Boundary districts. A motor road is under construction

to the top of Mount Revelstoke, which has been converted into a National Park and is attracting increasing numbers of summer visitors. At Sicamous an excellent hotel is operated by the Canadian Pacific Railway, and especially convenient for those who wish to stop off somewhere and make the all-daylight trip through the Canadian Pacific Rockies.

The Canyon of the Thompson is entered beyond Ashcroft. Its angry waters rush along in a perfect maelstrom, and after the junction with the Fraser at Lytton the scenery assumes an even wilder aspect. North Bend is situated in the heart of the Fraser Canyon, amid awe-inspiring surroundings. At Petain, junction is made with the new line of the Kettle Valley Railway, providing rapid and picturesque connection with the orchard and mining districts of Southern British Columbia.

Forty-two miles beyond Mission is Vancouver.

PRINCESS STEAMERS BETWEEN VANCOUVER, VICTORIA AND SEATTLE

THE short but interesting trip on Puget Sound should not be omitted from the itinerary. If requested when purchasing, it will be included in through tickets without additional charge. (See route No. 1, on map.)

The Company's Princess steamers, operating on this route, are the fastest and best equipped in the Pacific coastwise trade.

RAIL ROUTE TO SEATTLE

AT Vancouver, B. C., the Canadian Pacific Railway connects with the Northern Pacific, via Sumas, for Bellingham, Arlington, Everett, Snohomish and Seattle.

This is an alternative route to Seattle and points south, but tickets reading by rail will not be good via steamship, or vice versa, between Vancouver and Seattle. (Route No. 2, all rail.)

ALTERNATIVE ROUTE VIA THE KOOTENAY

DIVERGING from the main line of the Canadian Pacific at Medicine Hat, an attractive alternative route, between Medicine Hat and Revelstoke, is offered via the Crowsnest Pass Route, affording a most delightful steamer trip on the Kootenay River from Kootenay Landing to Nelson, continuing by rail to West Robson, from which point another steamer trip may be enjoyed through the beautiful Arrow Lakes to Arrowhead, joining the main line at Revelstoke for continuance of trip to Vancouver.

A new route passing through scenery of exceptional beauty takes the traveller from Nelson, via Grand Forks and Penticton and the orchard districts of the Okanagan Valley, over the Kettle Valley Railway, rejoining the main line at Petain. Grand Forks is the location of the largest copper smelter in the British Empire, is the gateway to the Boundary mining district, and is the centre of a fertile apple country. The Coquihalla Valley from Summit to Hope provides great fishing.



Chateau Lake Louise—the Pearl of the Canadian Pacific Rockies



Among the Lakes in the Clouds—
Mirror Lake in the Middle Distance, Lake Louise Down Below



The Lady of the Lake
at
Lake Louise

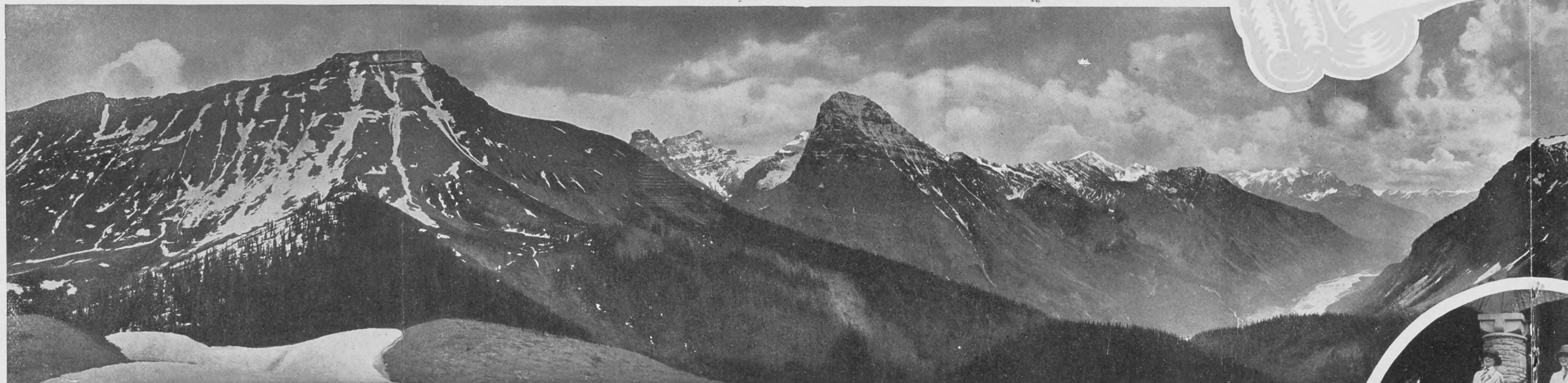


The Tower of Babel,
Valley of the Ten Peaks, near Lake Louise

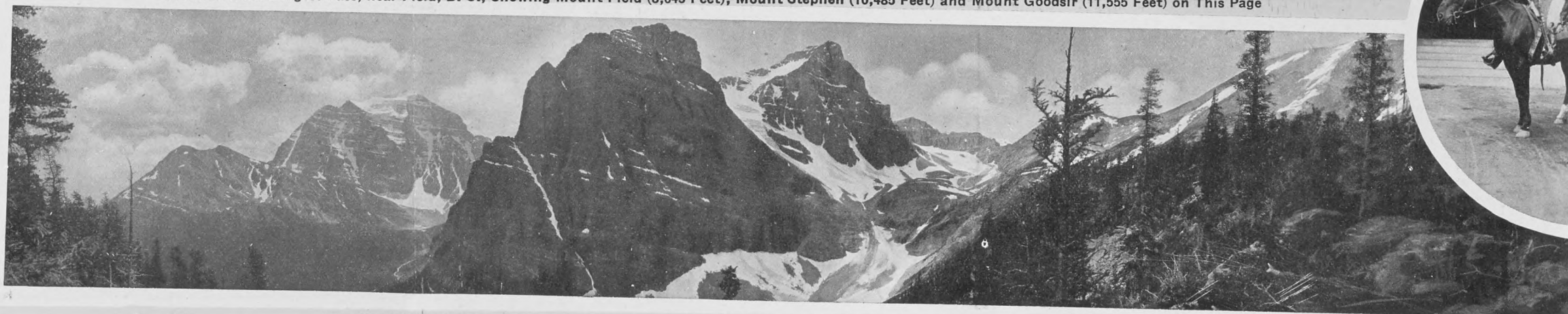


Panorama of Mountains Surrounding Lake Louise, from Mount Shaeffer, Showing Mount Stephen (10,485 Feet),

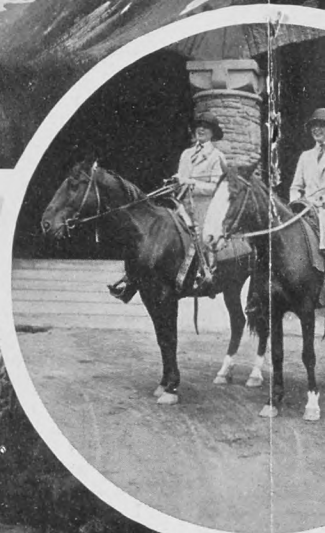
PANORAMA
in the Canadian Pacific



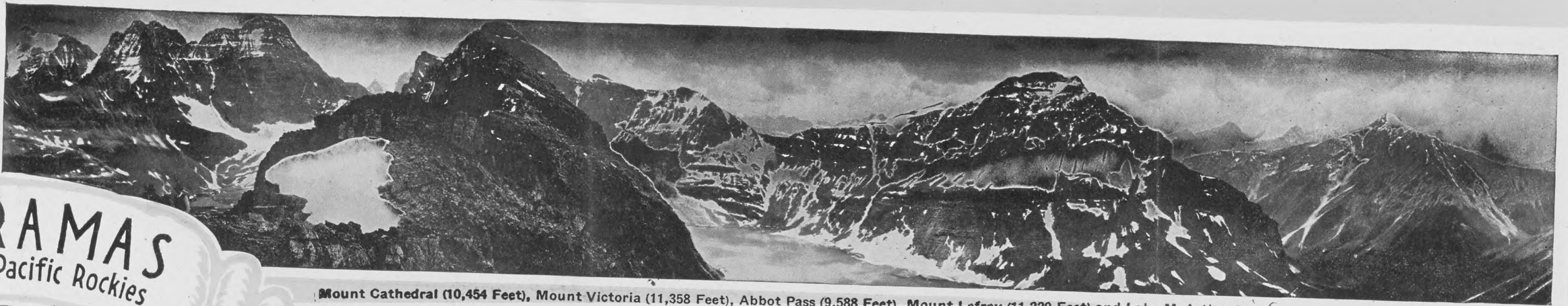
Panorama from Burgess Pass, near Field, B. C., Showing Mount Field (8,645 Feet), Mount Stephen (10,485 Feet) and Mount Goodsir (11,555 Feet) on This Page



Paradise Valley, Showing Mount Temple (11,626 Feet) on Left, Mount Sheol in Centre and Mount Aberdeen (10,340 Feet) to its Right



DRAMAS in Pacific Rockies



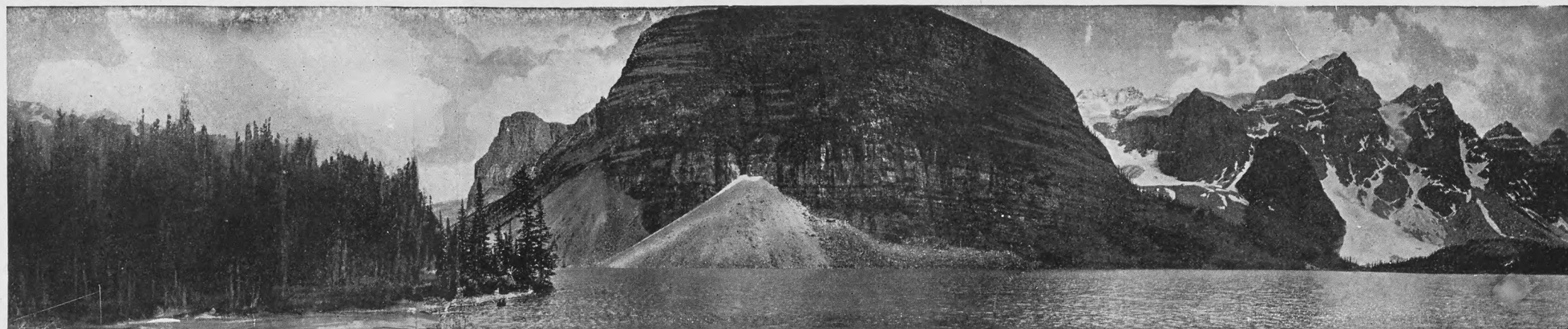
Mount Cathedral (10,454 Feet), Mount Victoria (11,358 Feet), Abbot Pass (9,588 Feet), Mount Lefroy (11,220 Feet) and Lake McArthur



Mount Burgess (8,463 Feet) in Centre, Van Horne Range, Mount Vice-President (10,069 Feet) and Mount Emerald (8,332 Feet) on Right



Alpine Club of Canada, Starting Out on a Climb



Moraine Lake and the Valley of the Ten Peaks



Mount Chancellor (10,751 Feet), near Leancoil, West of Field



On the Lawn at the
Chateau Lake Louise



The Open-Air Observation Cars Used
in the Canadian Pacific Rockies



Emerald Lake, Showing Emerald Peak (8,332 Feet) on Left and Mount Wapta (9,106 Feet) in Centre



Vancouver Hotel, Vancouver, B. C.—
One of the Largest and Handsomest on the Pacific Coast



Glacier House
Glacier, B. C.



Mr. Deutschman, the Discoverer and Guide of
the Nakimu Caves near Glacier, with a Brace of Tourists



Vancouver Harbour, Showing Canadian Pacific Station and Terminals



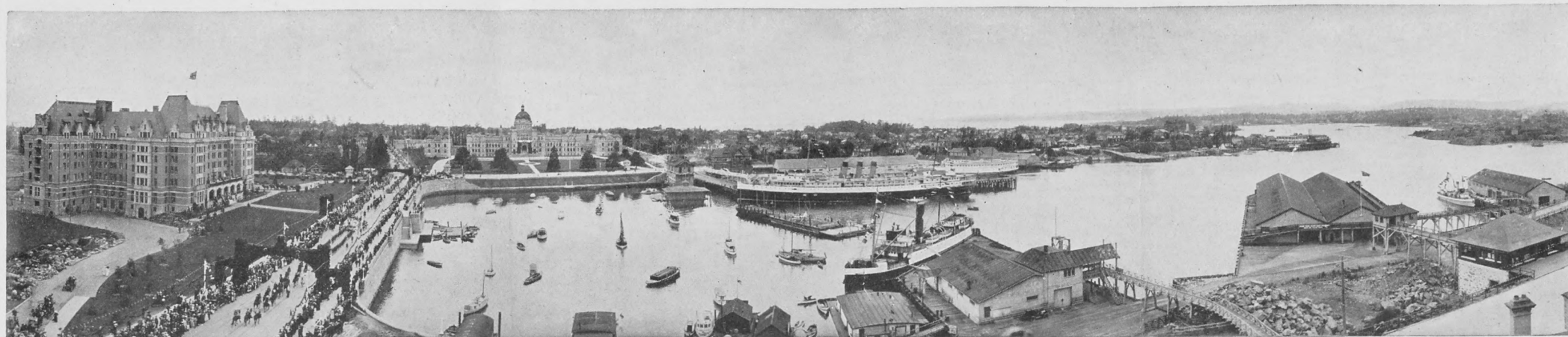
Big Trees, Stanley Park, Vancouver



Where the Big Fish Breed



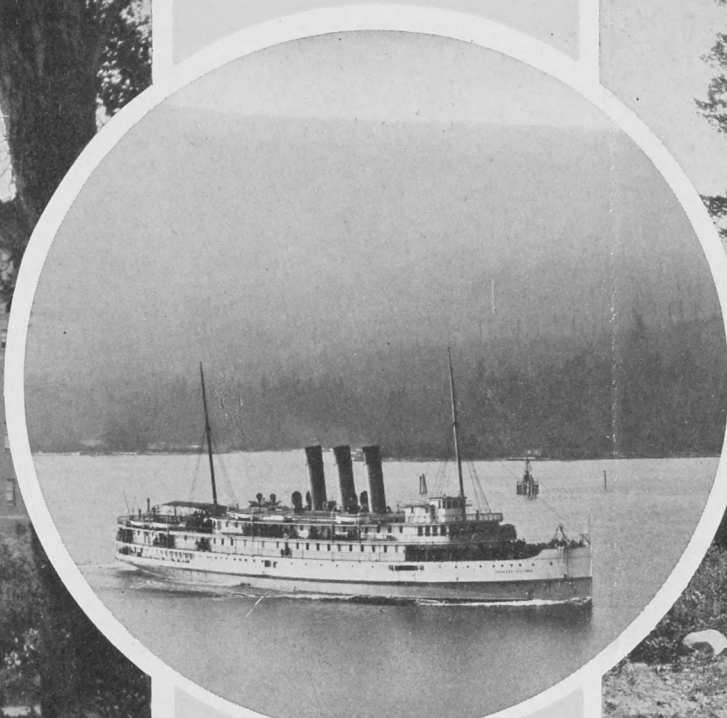
Capilano Canyon, near Vancouver



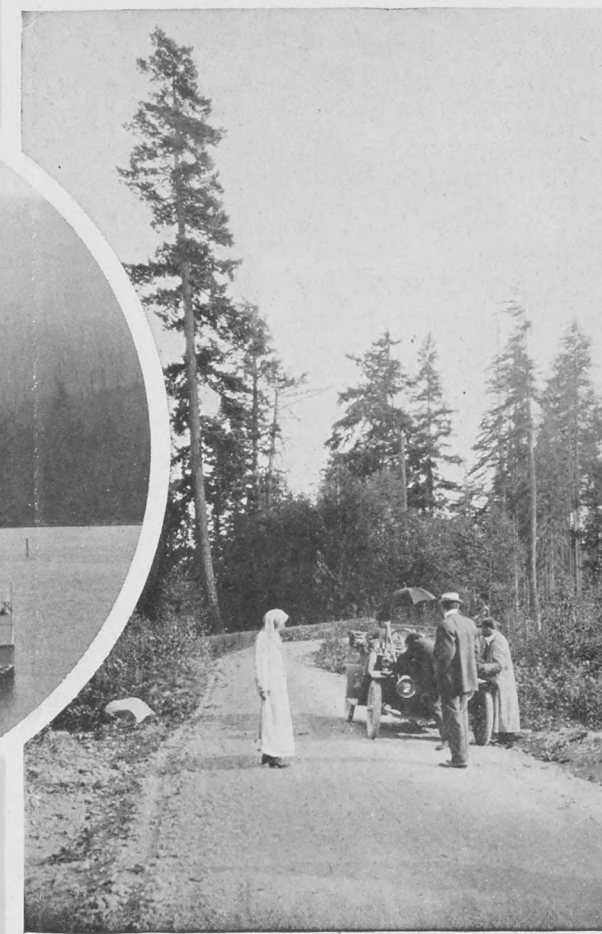
Victoria, B. C., Showing the Harbour, the Parliament Buildings and the Empress Hotel



Empress Hotel, Victoria, B. C.



Canadian Pacific S. S. Princess
Victoria, British Columbia
Coast Services



Malahat Drive, Vancouver Island

TO CALIFORNIA

PASSENGERS en route to California have the choice of either an overland trip or sea voyage from North Pacific Coast points. From Portland to San Francisco the picturesque Shasta Route, of the Southern Pacific, or the San Francisco and Portland Steamship Company may be used; from Victoria or Seattle steamers of the Pacific Coast Steamship Company maintain a regular service to San Francisco and Los Angeles.

ALASKA

FROM Vancouver, B. C., to Skagway, Alaska, is a thousand miles through the entrancing Inland Channel, winding between islands and the mainland as through a fairyland. The journey is made in the palatial, yacht-like "Princess" steamers of the Canadian Pacific Railway.

Ten days is required for the double journey to and from this land of romance. The tree-clad passage of Seymour's Narrows, Alert Bay, with its avenue of Totem Poles, and the picturesque Indian cedar lodges, the Indian basket weavers of Ketchikan, the salmon fishing fleets and canneries, are but a few of the scenes that enchant the traveller.

From Ketchikan the way leads on through the Wrangel Narrows, mile after mile of a winding way through Paradise.

Beyond the Narrows lies Juneau, the capital of Alaska, on Gastineau Channel. Here are first-class hotels and restaurants. One can go by automobile right to the face of a glacier, the return trip taking about three and one-half hours. On Gastineau Channel, close to Juneau, are situated three of the largest gold quartz mining plants in the world.

And, then, eight hours north, a wide bay leading on to the last passage through the mountains, which grow ever steeper and more narrowing till the sands of Skagway are reached beneath a sheer precipice.

Skagway, once the wildest, wickedest town in the world, is now a model of propriety. Beyond still lies much of romance, reached over the romantic rails of the White Pass & Yukon Route. A short climb up the steep hill of the Pass, and the train has reached the summit, and indeed one seems to be at the very roof of the world.

VANCOUVER

THE Terminal of the Canadian Pacific's trans-continental rail lines and its trans-Pacific steamship routes, is the largest commercial centre in British Columbia, and has an excellent harbour nearly landlocked and fully sheltered. It faces a beautiful range of mountains that are tipped with snow the year round. Two peaks, silhouetted against the sky, remarkably resembling two couchant lions, are visible from almost any point in the city or on the harbour, which has appropriately been termed "The Lions' Gate."

In and around Vancouver are immense lumber and shingle mills. Mining, lumbering, farming and shipping

form the bulwark of the city's phenomenal growth and prosperity.

All kinds of water sports are possible at Vancouver, and are encouraged through a mild climate and extensive bodies of water. There are many bathing beaches, parks, boulevards, automobile roads and paved streets. Stanley Park, one of the largest natural parks in the world, is excellently maintained by the city.

Hotel Vancouver, of the Canadian Pacific Hotel System, is second to none on the Pacific Coast, is conveniently located and has a high reputation for the excellency of its service. Wonderful views can be had from the roof of this great hotel. Vancouver has an admirable golf course at Shaughnessy Heights.

It is only a short run by Canadian Pacific Railway steamer to Nanaimo, where the Esquimalt & Nanaimo Railway connects with the beauty spots of Vancouver Island.

From Vancouver, the Company's famous Princess steamers offer splendid service to Victoria, Seattle, Northern British Columbia and Alaska; the "White Empresses" cross the Pacific to Japan and China. The Canadian Australasian line runs regularly from Vancouver to Honolulu, Suva (Fiji), New Zealand and Australia.

VICTORIA

CHARMINGLY situated on Vancouver Island, overlooking the straits of Juan de Fuca, Victoria drinks in the sunshine and smiles at the traveller. It is distinctly a home city, with fine roads and beautiful gardens, although its enterprising business district, composed of imposing stores and tall office buildings, speaks of a rich commerce drawn from a territory full of mineral and agricultural resources. Victoria's beauty lies in her residential districts, her boulevards, her parks and her public buildings. The Parliament buildings of British Columbia rank among the handsomest in America.

The Empress Hotel, another of the chain of Canadian Pacific institutions, gives the guest attention and service equalled only by the best in the land. It overlooks the inner harbour and is within a stone's throw of the Parliament buildings. Golf facilities can be arranged for visitors to the hotel.

From Victoria delightful excursions may be made into the interior of Vancouver Island, either by automobile or by the Esquimalt & Nanaimo Railway. The Malahat Drive is a luxuriously smooth and picturesque motor road. Excellent hotels are to be found at Shawnigan Lake and Qualicum Beach and a delightful little chalet inn at Cameron Lake. Mount Arrowsmith proves one of the best climbs and Qualicum Beach has a good, sporting golf course. There is no better fishing on the Pacific Coast than that which one finds on the Campbell River, reached by motor from Courtenay, the northern terminus of the Esquimalt & Nanaimo Railway. The immense Douglas fir forests on this beautiful island and the balmy climate make it wonderfully attractive to the tourist.

SEATTLE

SPLENDIDLY located on Puget Sound, mountain-girt and fringed with lakes, Seattle is the metropolis of the district she dominates. Situated on seven hills, many of which have been greatly altered by means of the steam shovel and the hydraulic plant to make highways for traffic, Seattle overlooks a beautiful harbour.

The gold fields of Alaska filter their treasure through her industries and her stores. The lumber camps and the farms of Washington add to her prosperity. The tallest of her buildings is forty-two stories, exceeded only by those of New York City.

SPOKANE

SPOKANE has for years enjoyed the reputation of being one of the best lighted and most prosperous cities in the West. Within but short distances are huge smelters, mines, waterfalls, power plants and delightful scenery.

PORTLAND

PORTLAND, Oregon, famous for its roses, is so located as to permit trips of widely diverse nature. The steamer trip up the Columbia River into the Cascade Mountains is one of the most interesting. The Columbia Highway is a motor road leading along the bluffs overlooking the Columbia.

The ascent of Mount Hood requires only three or four days from Portland for the entire trip.

SAN FRANCISCO

SAN FRANCISCO is the nucleus of a metropolitan district composed of a cluster of cities on the Bay. She possesses over 800 miles of streets and 300 miles of street railway.

She revels in aquatic sports of all kinds, which are made possible at any time of the year because of an equable climate. History, too, has been kind to this city, leaving relics of early Spanish settlements which will ever be sights of interest.

Parks, elaborate and well designed, are thronged with people. The largest, Golden Gate Park, containing 1,013 acres, is a veritable fairyland of loveliness. The cafes, of which there are hundreds, are famed for their Bohemian life and their good cooking.

LOS ANGELES

LOS ANGELES gladdens the eye with its twenty-three public parks, containing 3,897 acres of lawns, flowers, hills, trees and lakes. The architecture is varied and suggests the different parts of the world from which its residents have come. Famous for its beautiful homes, lovely gardens and fine hotels, Los Angeles is one of the most attractive cities in the United States.

FOREST FIRES

The careless smoker on an idle trail,

The smouldering camp fire and a vagrant breeze,
Make all your ancient pride of what avail,

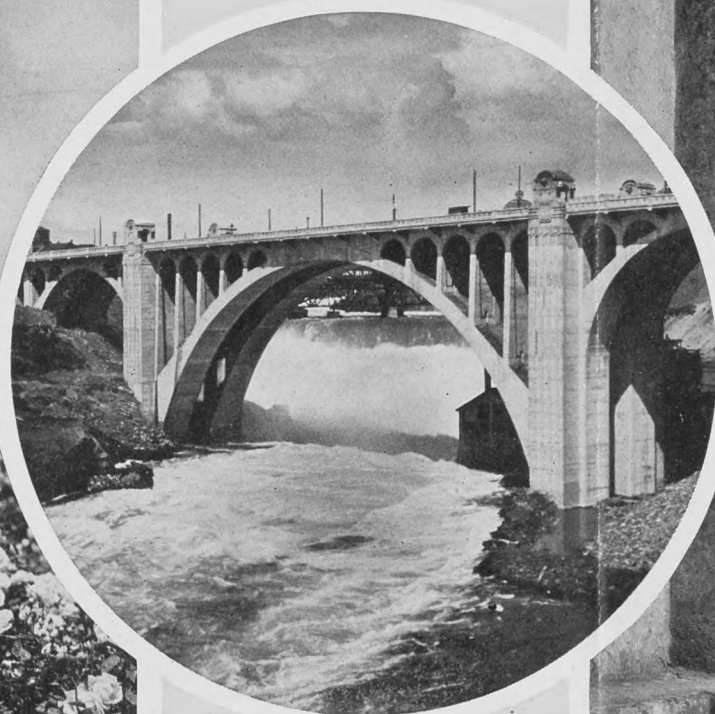
You sad grey ghosts that once were stately trees?



Long Beach, near Los Angeles



A Garden at Portland, the City of Roses



An Architectural Bridge
at Spokane



California Is Famous for Its Lovely Old
Mission Buildings

MOUNTAIN TEMPERATURES

Is the temperature in the Canadian Pacific Rockies pleasant in summer? That question is answered by the following statistics, covering a period of six years, of maximum and minimum temperatures at Canadian Pacific Rocky Mountain hotels.

	June		July		August		September	
	Max.	Min.	Max.	Min.	Max.	Min.	Max.	Min.
Banff Springs Hotel.....	65	39	71	43	68	41	59	34
Chateau Lake Louise.....	60	37	64	40	65	39	55	31
Mount Stephen House, Field	67	41	73	45	72	49	59	34
Emerald Lake Chalet.....	58	49	68	52	70	50	58	39
Glacier House.....	63	40	67	46	69	45	54	36

MOUNTAIN ALTITUDES

The Canadian Pacific Rockies comprise some of Nature's most gigantic works. In many mountainous regions the chief peaks spring from such high plateaus that, although they are actually a very considerable height above sea level, their height is not very impressive to the traveller. That this is not so in the Canadian Pacific Rockies is evident from the following tables, which show the altitudes of the principal mountains seen by the traveller from the train or at the most popular mountain resorts—altitudes not only in relation to sea level, but also to the valleys at their base.

	Height above sea level, feet	Height above valley, feet— about		Height above sea level, feet	Height above valley, feet— about
APPROACHING BANFF			NEAR MORAINÉ LAKE		
Mt. Grotto.....	8,870	4,570	Mt. Temple.....	11,626	5,440
Three Sisters.....	9,734	5,430	Mt. Fay (Highest of the "Ten Peaks")..	10,612	4,420
AROUND BANFF			NEAR FIELD		
Mt. Rundle.....	8,860	4,360	Mt. Stephen.....	10,485	6,140
Sulphur Mountain..	8,030	3,530	Cathedral Mountain.	10,454	6,200
Mt. Bourgeau.....	9,517	4,920	Mt. Dennis.....	8,326	4,250
Mt. Edith.....	8,370	3,770			
Vermilion Mountain	9,855	5,250			
Cascade Mountain..	9,826	5,220			
BANFF TO LAKE LOUISE			NEAR EMERALD LAKE		
Sawback Range....	10,000	5,400	Mt. Field.....	8,645	4,580
Pilot Mountain....	9,680	5,080	Mt. Burgess.....	8,463	4,400
Copper Mountain..	9,160	4,460	Mt. Wapta.....	9,106	5,040
Castle Mountain..	9,030	4,330	Mt. Carnation.....	9,964	5,600
Mt. Ball.....	10,825	4,820	Mt. Emerald.....	8,832	4,270
AROUND LAKE LOUISE			Mt. Niles.....	9,742	3,830
Mt. Fairview.....	9,001	3,330	Mt. Daly.....	10,332	4,420
Mt. Aberdeen.....	10,340	4,670			
Mt. Lefroy.....	11,220	5,550	NEAR GLACIER		
Mt. Victoria.....	11,355	5,680	Mt. Macdonald.....	9,482	5,980
Mt. Whyte.....	9,776	4,110	Mt. Avalanche.....	9,387	5,300
Mt. Hector.....	11,125	5,620	Mt. Sir Donald.....	10,808	6,720
NEAR O'HARA LAKE			Mt. Abbott.....	8,081	3,990
Mt. Huber.....	11,041	5,370	Uto Peak.....	9,610	5,520
Mt. Biddle.....	10,878	3,520	Ross Peak.....	7,718	3,630
Mt. Hungabee.....	11,447	4,090	Hermit Mountain..	10,194	6,690
			Mt. Rogers.....	10,536	7,030
			Mt. Cheops.....	8,506	4,420
			Mt. Tupper.....	9,229	5,720

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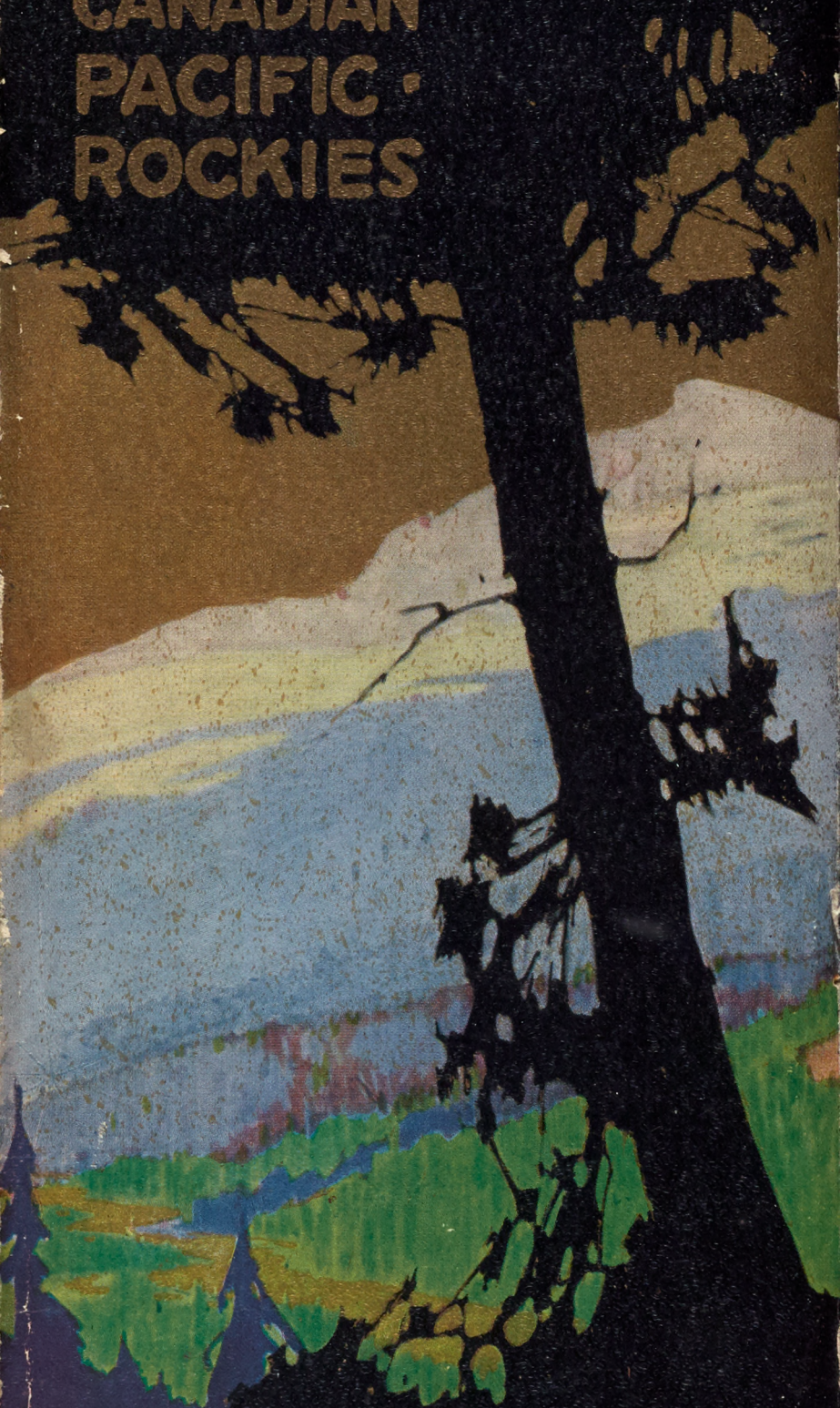
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